TORONTO metro®

‘HURRICANE’ CARTER DEAD AT 76

A FIGHTER INSIDE AND OUTSIDE THE RING, THE FORMER BOXER CHAMPIONED THE RIGHTS OF THE WRONGFULLY CONVICTED PAGE 4

Settling down after Game 1 meltdown

Following their loss against the Brooklyn Nets, Raptors look to get even in Game 2 PAGE 20

Confusion, indecision as S. Korean ferry sank

Radio transcript shows chaotic situation may have added to the death toll PAGE 8

Easter marred by deadly shootout in Ukraine

Russia’s Foreign Ministry blames Ukrainian militants PAGE 6

‘Boston Strong’ one year on

Not taking any chances. Security checks on festive Easter remind visitors of deadly attacks

In many ways, it felt like any other pre-marathon Sunday in Boston.

Families celebrated Easter, diners enjoyed the spring weather at sidewalk cafés, and runners — easily identified by their trim builds and colorful jackets — picked up last-minute supplies for what will be the second-largest field in the race’s history.

But the festive atmosphere was inevitably tinged with sorrow, as runners, family members and spectators recalled the double bombings at last year’s race that killed three people and injured 260.

On Monday, more than 35,000 will leave Hopkinton, Mass., to reclaim the euphoria of the finish line that was taken from them.

Marathon runners were blessed at an emotional church service Sunday that celebrated Easter and remembered the victims, while heightened security measures, including bag checks, were in place at marathon events.

“It’s different, coming back,” said Gisele Goldstein, 55, of Germantown, Tenn. “It’s not just me — there’s a sadness.”

Still, there have been tense moments — such as when an alarm went off on Friday, during the Runners’ Expo at the Hynes Convention Center. People were spooked, Goldstein said, even though it turned out to have been a test.

Flowers are laid out in a memorial to the victims of the Boston Marathon bombing in the city on Sunday. ANDREW BURTON/GETTY IMAGES

Ricardo Corral, 53, of New York, who planned to race in the hand-cycle division of the wheelchair race on Monday — his eighth marathon — said he was reassured by the heightened security.

Corral added that it was especially important to him and his teammates to return this year, to support Boston and each other. “As the signs say, ‘Boston Strong,’” he said. “That’s why we come back.”

Ben Rancourt, 64, of Ste-Germaine, Que., was planning to run his eighth Boston Marathon on Monday along with his three younger brothers.

“We’re going to buy beer for the after party!” he said.

“We’ll see, tomorrow, with the fans on both sides of the road — it will feel very great!”

THE ASSOCIATED PRESS

A WEED THAT KEEPS GROWING

Thousands of pro-pot activists gather at Yonge-Dundas Square to protest the criminalization of cannabis. The legalization of marijuana in two U.S. states, as well as police officials and politicians here arguing recently for decriminalization, have buoyed the movement into the mainstream conversation. See story, page 3.

KEITH BEATY/TORSTAR NEWS SERVICE

NEWS 1

Parade hops through T.O.

Winter-weary Torontonians took advantage of Sunday's nice weather and lined the streets for the annual Toronto Beaches Lions Easter Parade

toronto@metronews.ca

A marcher bangs on a drum during the annual Toronto Beaches Lions Easter Parade Sunday.
DALE BRAZAO/TORSTAR NEWS SERVICE

Spectators take in the parade, which marched down Queen Street East from Munro Parkand to Woodbine Avenue. RANDY RISLING/TORSTAR NEWS

Malvern Collegiate cheerleaders perform. DALE BRAZAO/TORSTAR NEWS SERVICE

Church rings in Easter 10 days after blaze

The resurrection theme that carries all Easter services was especially poignant Sunday for the Aurora United Church congregation.

Just 10 days earlier, they watched as their beloved 135-year-old church burned. But even with borrowed bells ringing in a makeshift sanctuary, the message of hope at a time of trial and loss filled the auditorium of Aurora High School.

Hundreds of people sat on stackable chairs. The stage, normally used for recitals and graduations, was lined with potted palms and hydrangeas in front of a dais and communion table ready for baptism.

Rising from the ashes

"And are we not acutely aware today that the church is not a building in the end? It is the people."

Rev. Lorraine Newton-Comar

The choir sat at the back, a piano was rolled in, and even the hallelujahs sounded the same, though the choir robes had all been scorched. The front of the stage was set up for the handbell ringers.

Their four-octave set of brass bells was one of the first items recovered from the fire. Handbell choir director Lisa Kyriakides helped salvage them from the rubble.

Those handbells have been dismantled for repair. They may never ring the same way again. But on Sunday, the song "From Everlasting to Everlasting" was rung out by 11 women bearing a set of handbells donated by the Christian Baptist Church in Newmarket and a few others from St. Matthew's United in Richmond Hill and Trinity Anglican Church.

TORSTAR NEWS SERVICE

The Aurora United Church Faith-A-Peal handbell choir played during Easter mass at Aurora High School Sunday using handbells borrowed from the Christian Baptist Church in Newmarket. BERNARD WEIL/TORSTAR NEWS SERVICE

Education. TDSB forced to revisit budget with funding shortfall

The Toronto public school board will have to go back to the books and re-examine its $3-billion budget after a shortfall in expected funding from the province for the 2014-15 school year.

In a first since the board was created 16 years ago, trustees passed a balanced budget with no cuts to programs or schools in March — months before their deadline.

Last week, the province sent boards details of grants for this fall, though boards are still waiting for additional information.

Toronto chair Chris Bolton said it's too early to know how big the funding difference is.

Trustee Sam Sotiropoulos recently tweeted that the board received millions less for special education and through a grant meant to help cover the costs of low-enrolment schools.

"It appears we will likely have to re-balance #TDSB Operating Budget 2014-15 after GSN announcement. A matter of some $12-14 million," he said via Twitter.

Board spokesperson Ryan Bird said that figure "was a very rough early estimate" and that board staff are examining detailed funding documents from the ministry.

A spokesperson for Education Minister Liz Sandals said boards often pass early budgets and rework them after final funding announcements are made. TORSTAR NEWS SERVICE

Quoted

"We are saying there is a concern ... but right now we are trying to find out how much money we will have in the end."

TDSB chair Chris Bolton

Nutrition

Food for inmates in court inadequate, say lawyers

A granola bar here, a cheese sandwich there — the lunches given to prisoners in Ontario courthouses don't provide nearly enough nutrition to allow them to properly defend themselves, some lawyers say.

People in custody in the province's jails and detention centres get a good amount of food for breakfast, lunch and dinner, but that changes on days they are brought to court, says criminal defence lawyer Scott Reid.

"In my experience the food they receive when they're at court is woefully inadequate," he says.

Reid is one of several lawyers who have turned to formal court applications to get their clients more food.

In Brampton his clients tend to get a hamburger — a small patty on a bun with no condiments, he said. In Toronto his clients often get a cheese sandwich. In Kitchener it's a bologna sandwich, Reid said.

"I have seen clients falling asleep in court because they don't have enough energy to sit and make it through the day," he said. THE CANADIAN PRESS

'We've won over the Man and the establishment'

Marijuana. 4-20 rallies go after policy as governments and businesses begin to realize the financial potential of legalization

Bryan O'Gorman shares with the crowd as thousands of pro-pot protesters gathered at Yonge-Dundas Square to protest the criminalization of cannabis and to have a few tokes with friends. KEITH BEATY/TORSTAR NEWS SERVICE

The annual day of celebrating cannabis culture has ramped up into mainstream political activism as the pot-smoking 4-20 movement took on marijuana prohibition with rallies across Canada on Sunday.

"I think the policy edge has always been there. It's just more and more people are getting fed up with the status quo," said John Albert, a former Marijuana Party candidate, as he sat amidst a crowd that police estimated was more than 2,000 on Parliament Hill.

Recent legalization in Colorado and Washington State has opened the eyes of governments and businesses to the financial possibilities of a legal trade in marijuana, a commodity that's too often linked to either organized crime or glassy-eyed slackers.

"We would like a choice," said Albert. "I think what is happening in Colorado and Washington has kind of crystallized it in people's eyes. They see that it's a real thing, that legalization can work, and be a benefit to not just people who smoke cannabis but to just regular taxpayers."

After years of glacially slow movement on the decriminalization or legalization policy fronts, pot activist Jodie Emery says there's been a huge spike in interest as the American state experiment plays out.

"I can tell you from my spot as being a pot activist for 10 years in Vancouver, the last year has been insane — even in Canada — with respect to licensed providers and all these companies trying to be the next big thing," Emery said in a phone interview.

"We've won over the Man and the establishment. You know, they're on our side. And it is definitely financially motivated."

Ray Turmel, 62, wandered Parliament Hill holding a large plastic freezer bag filled with marijuana buds.

Turmel is among those medical-pot users who are fighting in Federal Court to retain the right to grow their own, a practice the Conservative government wants to end under a new medical-marijuana policy that would license, regulate and industrialize all growers.

"We're fighting for the right to keep using it and keep growing it ourselves," said Turmel. THE CANADIAN PRESS

4-20 101

The 4-20 moniker dates back to the pot culture of California in the early 1970s, but it became formally attached to April 20 when a group of Vancouver activists held the first day-long rally in 1995.

- Rallies have been held every April 20 for 20 straight years since then and have spread across the globe.
- Local 4-20 organizers were advertising events from Whitehorse to Halifax, Iqaluit to Windsor, in Dallas and Birmingham, Ala., London, Belfast, Reykjavik, Auckland, Lima and Cape Town.
- Hundreds turned out at rallies in Vancouver and Toronto.

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‘Hurricane’ Carter dies at 76

Wrongfully convicted of murder. Carter was immortalized in an iconic 1976 Bob Dylan song and a 1999 Norman Jewison film

Rubin “Hurricane” Carter, the former American boxer who became a tireless campaigner for the wrongfully convicted after spending almost 20 years in jail for a triple murder he denied committing, has died at his home in Toronto. He was 76.

His longtime friend and co-accused, John Artis, said Carter died in his sleep early Sunday morning after a lengthy battle with prostate cancer.

“It’s a big loss to those who are in institutions that have been wrongfully convicted,” said Artis.

“He dedicated the remainder of his life, once we were released from prison, to fighting for the cause of those who have been wrongfully convicted.”

Artis quit his job stateside and moved to Toronto to act as Carter’s caregiver after his friend was diagnosed with cancer nearly three years ago.

During the final few months, as Carter’s health took a turn for the worse, Artis said he had come to grips with the fact that he was dying.

“He tried to accomplish as much as he possibly could prior to his passing,” Artis said of the man who founded the Association in Defence of the Wrongly Convicted.

“He didn’t express very much about his legacy. That’ll be established for itself through the results of his work. That’s primarily what he was concerned about — his work,” Artis said. “He was a very selfless person.” Carter’s family, including two daughters, are all in the U.S.

THE CANADIAN PRESS

Rubin “Hurricane” Carter holds his fist up and smiles as he and Joyce Milgard enter the court building in Winnipeg in 2003 for a hearing. The former American boxer was imprisoned nearly 20 years for three murders before the convictions were overturned. He died at his home in Toronto after a lengthy battle with prostate cancer at age 76.

RUTH BONNEVILLE/THE CANADIAN PRESS

Long fight outside the ring

Carter was convicted along with his friend John Artis of murdering three people in a New Jersey bar in 1966.

- Their convictions were overturned in 1975, but both were found guilty a second time.
- After serving 19 years, Carter was freed in 1985 when a federal judge overturned the second convictions.
- When he was freed in 1985, a U.S. judge ruled that the prosecution had conducted “an appeal to racism rather than reason, concealment rather than disclosure.”
- Carter’s personal writings and photos, are being donated to a Boston university.

Climbing on Everest halted; rescue work begins

Mother of Ang Kaji, a Sherpa killed in the avalanche. THE ASSOCIATED PRESS

Nepal’s authorities temporarily halted climbing on Mount Everest while search teams dug through snow and ice Sunday for three Sherpa guides who are still missing in the deadliest avalanche on the world’s highest peak that killed 13 others.

A section of the route over the dreaded Khumbu Icefall, a climbing pass where the avalanche swept a group of guides early Friday, has totally collapsed and a new trail has to be dug, ropes fixed and aluminum ladders laid over the crevasses before climbing can resume, said Ang Tshering of the Nepal Mountaineering Association.

Another group of Sherpas, who had already passed before the avalanche struck, were stranded on the other side and would only be able to get back to base camp once the new route is fixed, Tshering said.

Despite losing so many guides, there were no plans by expedition teams to abandon their attempt to climb the peak next month, he said.

Maddhu Sunan Burlakoti, head of the Nepalese government’s mountaineering department, said that the search for the missing three climbers resumed Sunday.

They were among 25 Sherpa guides hauling gear to the higher camps that their foreign clients would use trying to reach the summit next month.

THE ASSOCIATED PRESS

Searchers were nearby

As soon as the avalanche occurred, rescuers, guides and climbers rushed to help, and all other climbing was suspended.

- Hundreds of climbers and guides had been at Everest’s base camp preparing to climb the 8,850-metre peak next month.

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New species of killer sponges discovered

Science. The carnivorous sponges are a 'truly extraordinary species' that feed on amphipods and copepods in the sea

A close-up view of one of four new species of carnivorous sponges. THE ASSOCIATED PRESS

They look like fuzzy fingers, waving gently from the depths of the ocean floor, but make no mistake — they're stone cold killers.

Scientists have discovered four new species of carnivorous sponges off the Pacific Coast, including one deadly variety found in the deep-sea ridges off southern Vancouver Island.

Fortunately, these killers are about the size of a piece of spaghetti and they feed only on the tiny, shrimp-like amphipods and copepods that drift through the sea.

"Sponges characteristically feed on small particles, like bacteria, little tiny guys," said Henry Reiswig, a retired professor of biology at McGill University.

These meat-eaters have been described as the Venus flytraps of the deep sea, a "truly extraordinary species," wrote Lonny Lundsten, the lead author of an article published in the scientific journal Zootaxa.

Their meat-eating ways are believed to be an adaptation to the nutrient-poor environs of the deep sea. So far, they've only been found in very deep water, ranging from 600 to 3,400 metres. But there are at least 11 species found in the northeast Pacific, Reiswig said.

It's a small step in understanding the biodiversity of the largest and least-known habitat on Earth, Lundsten said.

THE CANADIAN PRESS

Prince George and his new bilby friend

Britain's Kate, the Duchess of Cambridge, and her husband Prince William, watch as their son Prince George looks at an Australian animal called a bilby, which has been named after the young prince, during a visit to Sydney's Taronga Zoo in Australia on Sunday. Australian bilbies, an endangered species, are known by their long muzzles and very long ears. DAVID GRAY/THE ASSOCIATED PRESS

Netherlands

Fire destroys Dutch national park

A large wildfire destroyed at least 1,300 acres in the Netherlands' Hoge Veluwe National Park on Sunday, Dutch authorities said. The park is home to a museum with a major collection of art, which is reportedly not in danger. THE ASSOCIATED PRESS

U.S. Navy

Research aims to fix sailors' sleep

The U.S. navy has endorsed changes to submarine sailors' schedules based on new research. Scientists have found that sailors, who begin a new workday every 18 hours, show less fatigue on a 24-hour schedule. THE ASSOCIATED PRESS

Pennsylvania

Miss America to the rescue

Nina Davuluri is asking a Pennsylvania school district to reconsider the punishment of a high school senior who asked her to his prom. But Davuluri says her travel schedule will prevent her from attending. THE ASSOCIATED PRESS

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Russia blames shootout on Ukrainian nationalists

Eastern Ukraine. At least three dead after men drove up to a checkpoint guarded by pro-Russian insurgents Easter morning and opened fire

Within hours of an Easter morning shootout at a checkpoint manned by pro-Russia insurgents in eastern Ukraine, Russia's Foreign Ministry issued a statement blaming militant Ukrainian nationalists, and Russian state television stations aired pictures of supposed proof of their involvement in the attack that left at least three people dead.

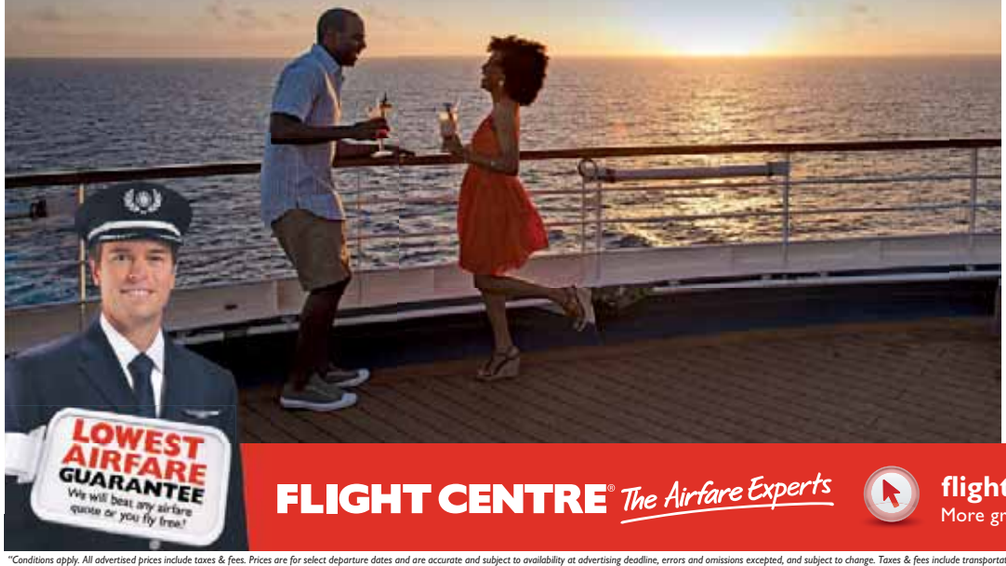
The Ukrainian Security Service, however, said the attack was staged by provocateurs from outside the country. And the presented evidence — particularly a pristine business card said to have been left behind by the attackers — was met with widespread ridicule in Ukraine, where it soon had its own Twitter hashtag.

The armed clash early Sunday near the city of Slovyansk appeared to be the first since an international agreement was reached last week in Geneva to ease tensions in eastern Ukraine, where armed pro-Russia activists have seized government buildings in at least 10 cities.

Ukraine's new leaders and many in the West fear that such clashes could provide a pretext for Russia to seize more Ukrainian territory. Russia, which annexed the Crimean Peninsula last month, has tens of thousands of troops along its border with Ukraine. THE ASSOCIATED PRESS

A pro-Russia activist sets a Trinity Orthodox icon atop of barricades in Slovyansk, Ukraine, on Saturday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Even those tiny moments are massively memorable.



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Confusion crippled evacuation of sinking ferry: Radio transcript

South Korea.
Anguished families vent rage over handling of crisis

The South Korean ferry that sank was crippled by confusion and indecision well after it began listing, a radio transcript released Sunday showed, suggesting the chaotic situation may have added to a death toll that could eventually exceed 300.

About 30 minutes after the Sewol began tilting, a crew member asked a marine traffic controller whether passengers would be rescued if they abandoned ship off South Korea's southern coast. The crew member posed the question three times in succession.

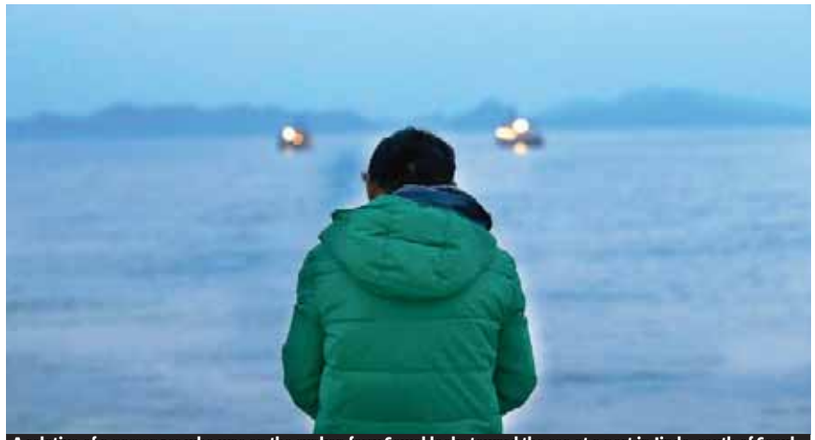
That followed several statements from the ship that people aboard could not move and another in which someone declared that it was "impossible to broadcast" instructions.

Many people followed the captain's initial order to stay below deck, where it is feared they remain trapped. Fifty-eight bodies have been recovered, and about 240 people are still missing.

The confirmed death toll jumped over the weekend after divers finally found a way inside the sunken vessel and quickly discovered more than a dozen bodies. They had been hampered for days by strong currents, bad weather and low visibility.

Families of the missing are staying on Jindo Island, where information sheets taped to the walls of a gymnasium offered details to help identify any corpses, including gender, height, length of hair and clothing.

Anguished families, fearful they might be left without even their loved ones' bodies, vented rage Sunday over the government's handling of the crisis.



A relative of a passenger who was on the sunken ferry Sewol looks toward the sea at a port in Jindo, south of Seoul, South Korea, Sunday. At least four dozen have been confirmed dead in the disaster. LEE JIN-MAN/THE ASSOCIATED PRESS

About 100 relatives attempted a long protest march to the presidential Blue House in Seoul, about 400 kilometres to the north, saying they wanted to voice their complaints to President Park Geun-hye. They walked for about six hours before police officers blocked a main road.

THE ASSOCIATED PRESS

Hampered rescue efforts

240 people still missing

The ferry sank with 476 people on board, many of them students from the same high school. The cause is not yet known, but prosecutors have said the ship made a sharp turn before it began to list.

More than 170 people survived the sinking of the Sewol. Several crew members, including the captain, have been arrested on suspicion of negligence and abandoning passengers. The captain took more than half an hour to issue an evacuation order, which several passengers have said they never heard. THE ASSOCIATED PRESS

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Assad gains propaganda victory in Christian village

Syria's embattled president marked Easter with a tour Sunday of an ancient Christian village recently recaptured by his forces, an important symbolic prize for his government ahead of coming presidential elections he appears poised to contest.

President Bashar Assad's visit to Maaloula, some 60 kilometres northeast of Damascus, serves as a propaganda victory for his government in its quest to be seen as protector of religious minorities while Syria's civil war grinds on.

Meanwhile, questions continue to swirl about allegations of recent poison gas attacks in the country, with French officials saying Sunday there were indications that Assad's forces were behind them.

Rebels, including fighters from the al-Qaida-affiliated Nusra Front, seized Maaloula several times late last year, most recently in December, but government troops swept through the village on Monday, sending rebel fighters fleeing to nearby hills.

Despite damage to holy sites in the village, Assad told Syrian state television that "Maaloula will remain steadfast in the face of barbarism of all those who are targeting the homeland."

"Nobody, regardless of the extent of their terror, can erase our cultural and human history," the state news agency quoted Assad as saying as he surveyed damage to the Mar Takla Greek Orthodox monastery in the village.

Assad promised to defend Christians — who make up about 10 per cent of Syria's pre-war population of 23 million — and protect churches that he said were part of the country's cultural heritage. Syria's civil war has seen Islamic extremists and radical foreign fighters target Christians and their houses of worship. THE ASSOCIATED PRESS

Held hostage in Syria

French journalists freed

Four French journalists held hostage in Syria for 10 months were released over the weekend, the latest batch of reporters to be freed in what has become the world's deadliest conflict for the media.

Edouard Elias, Didier Francois, Nicolas Henin and Pierre Torres are said to be in good health.

Soldiers on patrol found the four blindfolded and handcuffed in southeast Sanliurfa province late Friday. It wasn't clear whether a ransom had been paid for their release, nor which group in Syria's chaotic conflict held the men.

Nicolas Henin

Edouard Elias

Pierre Torres

ALL PHOTOS THE ASSOCIATED PRESS

Nigeria's capital. Terrorist group threatens more attacks after bombing

Islamic extremists Saturday claimed responsibility for the massive rush-hour explosion earlier this week that ripped through a busy bus station in Nigeria's capital, Abuja, killing at least 75 people and wounding 141.

"We are in your city, but you don't know where we are," Abubakar Shekau, leader of the Boko Haram terrorist network, says in a new video that threatens more attacks.

"Yes, we are the ones who carried out the attack in Abuja," he says in the video, which was received through the same channels as previous ones.

Shekau makes no mention of the abductions of more than 100 girls and young women from a remote northeastern school hours after the bomb blast, also blamed on his fighters.

Officials say dozens of the girls have managed to escape, but 85 remain unaccounted for. THE ASSOCIATED PRESS

Pakistan

Popular talk show host wounded in shooting

Police in Pakistan say gunmen have shot and wounded Hamid Mir, a famous television talk show host, amid a wave of attacks on journalists in the country.

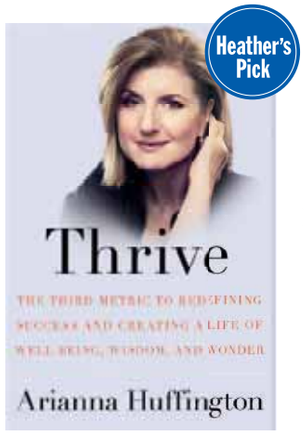
Senior police officer Pir Mohammad Shah says a single gunman first opened fire on Mir's car, followed by others who chased him on motorcycles.

Karachi police Chief Shahid Hayat said that Mir suffered three gunshot wounds to the stomach and the upper legs, but was expected to survive.

Last year, authorities found a bomb under Mir's car. THE ASSOCIATED PRESS

IN CONVERSATION

Arianna Huffington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Join Indigo's Chief Booklover **Heather Reisman** in conversation with **Arianna Huffington**, co-founder and editor-in-chief of the Huffington Post Media Group as they discuss *Thrive*. Book signing to follow.

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Investing regrets? I've had a few

HOW TO ROLL
Alison Griffiths
metronews.ca

High on the list of life's regrets might be that margarita-inspired vacation tattoo you got with the name of a cabana boy or girl etched within it. Next comes investor regret.

Why didn't I buy Apple (AAPL-Q) five years ago at $135 US? It's around $515 now. And why am I still hanging on to Bombardier at a pitiful $4, 14 years after buying it for $26?

As U.S. market research firm Casey Research puts it so aptly: "The stock market is one giant roller coaster of regret for retail investors. Regret for not getting in, regret for getting in too late, regret for being left holding the bag."

Not even the experts are immune. A survey by venturebeat.com discovered that 46 per cent of angel, or venture, capital investors rued the investments they made or didn't make in 2013.

Here is my regret list of stocks I should have bought five years ago.

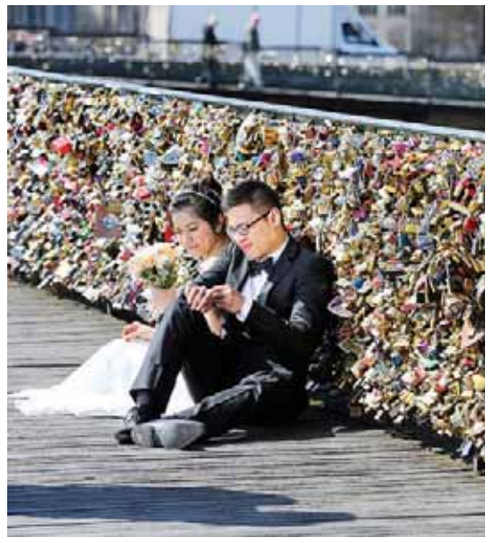
1. Other tech. Sure, if you had bought Apple a decade ago at 12 bucks, your investment would be up a staggering 4,500 plus per cent. Missed that one. But I should also have paid attention to the tech service sector. It includes SanDisk (SNDK-N) and Salesforce.com (CRM-NYSE) — both up about 500 per cent.

2. Canadian Pacific (CP-T). I've long owned Canadian National and considered it superior to CP. However, since 2009, CP is up around 300 per cent compared to roughly 170 per cent for CN.

3. Tesla Motors, Inc. (TSLA-N). Between 2010 and early 2013, Tesla was one of those great ideas that never produced a gain for investors at $20 a share. Oh Lordy, how things changed. It is now up nearly 800 per cent. Darn!

4. Rogers Sugar Inc. (RSI-T). It hasn't been on most investors' radar, including mine. But this sweet company has maintained a nice dividend (now 5.7 per cent) all through turbulent times and the stock price is up 60 per cent since the recession.

5. Russel Metals Inc. (RUS-T). I've thought about buying this stock for years — and should have. Though pummelled by the recession and in an industry that seemed to be dying (think Dofasco and Stelco), this steel company has survived with a stock growth of more than 150 per cent in five years. The fat dividend of 5.4 per cent is a nice bonus.



Americans in Paris have no amour for love locks

A newlywed couple rest on the Pont des Arts in Paris on Wednesday. A recent fad among travellers of hitching padlocks on bridges and at tourist attractions worldwide to symbolically immortalize their amorous attraction has swept up this reputed City of Love more than most. Now, two American-born women who live in Paris say they've had enough, launching a petition to try to get mostly laissez-faire city officials to step in and do something about what they call an unbearable eyesore in a majestic municipality. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Consumer rights

Silly General Mills, the right to sue is for everyone

General Mills is scrapping a controversial plan to strip consumers of their right to sue the food company.

The company, which owns several brands including Trix and its Silly Rabbit mascot, had posted a notice on its website notifying visitors of a change to its legal terms — visitors using its websites or engaging with it online in a variety of other ways meant they would have to give up their right to sue. THE ASSOCIATED PRESS

Oil alternative

Doubts cast on the benefits of biofuels from corn

Biofuels made from the leftovers of harvested corn plants are worse than gasoline for global warming in the short term, a study shows, challenging the Obama administration's conclusions that they are a much cleaner oil alternative and will help combat climate change.

A $500,000 US study paid for by the federal government and released Sunday in the peer-reviewed journal Nature Climate Change concludes that biofuels made with corn residue release seven per cent more greenhouse gases in the early years than conventional gasoline. THE ASSOCIATED PRESS

Youth unemployment

Investing in apprenticeships worth it: Expert

A respected American labour specialist says governments, educators and employers should work together to boost the number of apprenticeships for young Canadians in a collaborative approach that would yield "significant payoffs."

Robert Lerman's report, commissioned by the Canadian Council of Chief Executives, says a comprehensive expansion of apprenticeships would provide young people with greater opportunities. THE CANADIAN PRESS

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PREMIER PLAYS POLITICS OF DIVISION

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Premier Kathleen Wynne took centre stage last week for what was supposed to be a huge important transit funding announcement. It was a bit of a bust. The premier reiterated that her government wants to build transit and told us all to wait for funding details that'll come when the budget drops on May 1.

OK, fine. We've been waiting for years. What's another few weeks?

But something Wynne said during the otherwise mostly substance-free announcement stuck with me. Discussing her plan to keep revenues raised inside the GTA separate from the money raised in other parts of the province, she made a point about fairness. "Funding will be fair," she said. "London or Sudbury will not pay for projects in Toronto."

I hate that.

I mean, I get it. From a purely political point of view, I get it. Her point about fairness speaks both to a pretty strong anti-Toronto sentiment that exists in parts of Ontario and to people who believe their tax dollars shouldn't be paying for a subway train they'll never use. From both those angles, Wynne's statement makes sense. She wants to get re-elected, after all.

But I hate the logic all the same because it has the potential to be so destructive. This notion that money raised in one part of the province shouldn't go to projects in another is exactly the kind of thing that creates harmful and persistent divisions between people.

If we grant that people who won't personally benefit from a publicly funded project or program shouldn't have to pay for that project or program, where does that logic lead us? Should people without children not have to pay for public schools? Should people who aren't old not pay for seniors' care? Should people without cars not pay for road maintenance?

And, no, it's not a question of one part of the province subsidizing another. Ontario is an economic and social unit — we're all intertwined in this super-complicated thing called society.

You may never ride a new subway line in Toronto, but even people in northern Ontario will feel the benefits of a GTA economy that isn't hobbled by worsening congestion. Similarly, I'll probably never drive on an upgraded rural highway, but I'm OK with my tax dollars paying for it because it's likely that highway will create new opportunities for people and for business.

This is pretty basic stuff. The government of Ontario should fund the infrastructure projects that will have the greatest economic or social impact, regardless of location. If they're not doing that, and instead insist on a strategy where money raised in one area can only be spent in that area, it ultimately raises the question: Why even have a provincial government at all?

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Picture playtime across the world

GABRIELE GALIMBERTI/INSTITUTE

World tour of our children's toys

Playtime is often a private matter, but one photographer has managed to enter and reveal the world of children's toys. Gabriele Galimberti, 36, spent over two years visiting 58 countries to photograph kids with their most prized possessions. His photos are featured in his new book Toy Stories. **THE ASSOCIATED PRESS**

Q and A

Similarities and differences

GABRIELE GALIMBERTI
Photographer, 36, from Arezzo, Italy

Did you discover anything new during the project?
I learned that the poorer the country, the less possessive the children were of their toys. It was easier to work with them and gain their trust. But, overall, I don't want to preach a lesson from my trips. My photographic series is simply about highlighting differences and similarities around our world.

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Safety irony

ANDREW FIFIELD
metronews.ca

Following last week's lesson in train safety from a selfie-taking fellow and an engineer's passing boot, we now have Connecticut Sen. Richard Blumenthal narrowly avoiding serious trouble while casually ignoring safety priorities as stated by a local mayor inches away.

Politicians certainly enjoy images of themselves riding public transit to polish populist credentials. But sitting comfortably on the subway surrounded by aide-enforced personal space doesn't quite reflect the average commute. Much like deciding to place your flimsy easel entirely within the yellow line doesn't suggest much previous experience with travel by rail.

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See that symbol? It means you can scan the photograph below with your Metro News app to see more content. Watch Director X's groundbreaking video for Can't Deny It.

Can't Deny It — hip hop Director X hits the mark

Video maker. Learning to merge passion with the practical leads to influential style

RICHARD CROUSE
scene@metronews.ca

Music video maker Julien Christian Lutz is better known as Director X.

"I got Julien from my mom and dad," he writes on his website. X, he says, came from the streets.

One writer, however, suggests that the unusual name could stand for "Director X-tremely Good At Directing."

The in-demand Canadian-born helmer has worked with everyone from Jay-Z and Nicki Minaj to Rihanna and Drake. The key to his success, he says, is leading "an artist's life. You have to be as open as you can be to everything.

"You need to keep yourself inspired so you have to do whatever it is going to take to jog your creative brain, whether that be going to an art gallery or whatever."

His strong visual sense — he uses graphics and letterboxing in tricky and interesting ways — is his trademark, but X says his most influential video came about "from a bad edit the client didn't like. So I had to go in there and come up with something new."

To keep the people paying the bills happy he devised a picture-in-picture look for the Fabolous featuring Nate Dogg video Can't Deny It.

Music video maker Director X's strong visual sense is his trademark. GETTY IMAGES

"It was really kind of cool and got taken on by hip hop in general," he says. "It shook up the norm of what was happening in the genre. It became its own thing. After that, everyone did it. That was a really good moment where the ripples were felt from a piece of my work. I loved it. Imitation is the sincerest form of flattery. People inside the game know where it comes from, so any time someone copies you, it flows back to you."

Today, whether it is a music video or a commercial shoot— he's shot ads for Nintendo, Guinness and Burger King among many others — he's learned to listen to the customer.

"Some people have the idea that the client is always wrong, and if they weren't here everything would be better, but I have come to find that the client has an instinct."

But he didn't always feel that way.

"You know everything when you're in your 20s, so you're passionate about how much you know and passionate about how wrong they are. It's definitely something that has to be learned. It would have been interesting if someone had come to me and explained that ahead of time, but I had to learn it like I had to learn it."

The busy filmmaker has gleaned many lessons along the way, but his life and work boil down to one simple statement: "I'm here to make art and express it."

Emerge Conference

On Tuesday, Director X will deliver the keynote speech at the Emerge Conference 2014, an initiative of the University of Guelph-Humber to encourage young professionals to embrace new technologies and networks.

- X says he hopes to "give some of the knowledge I've gained over the years, in front of the camera, behind the camera and how that filters into life itself." Other speakers include news anchor Christine Bentley, co-founder of BizMedia Dan Demsky, and Eric Alper, director of media relations and label acquisitions at eOne Music Canada.
- $15 tickets for the day-long event are available at emergeconference.ca.

Ebooks

Creativity, Inc.

By. Ed Catmull & Amy Wallace

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MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

How Pixar learned from its private mishaps to earn a reputation for perfection is a fascinating journey recounted here by co-founder Ed Catmull. He puts you into their discussions and it's thrilling. An added section shares valuable lessons such as, "It's not the manager's job to prevent risks, it's the manager's job to make it safe for others to take them."

Literature

Author Alistair MacLeod dies at 77

Alistair MacLeod, the Prairie-born author who won one of the most lucrative literary prizes for his only novel, No Great Mischief, has died. MacLeod, known for his short stories, moved with his family to Cape Breton at age 10. It was there the images and themes that informed his work took hold. MacLeod had been in a Windsor, Ont., hospital since suffering a stroke in January. THE CANADIAN PRESS

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PUTTING A STAMP ON A CENTENNIAL

CONTRIBUTED

One hundred years ago, on March 19, 1914, the Royal Ontario Museum opened its doors to the public. Since then it has been fascinating visitors with its spectacular galleries and exhibits filled with the objects and artifacts it has collected from all over Canada and the world. Now, Canada Post is paying tribute to the ROM and its centennial with two stunning new commemorative stamps.

Three images appear on the first stamp, including the ROM's 1,000-year-old sculpture of the Hindu deity Shiva Nataraja. This sculpture features Shiva in his Lord of the Dance form, posed as if he is dancing fast enough to whip his hair around his head.

Next to the image of Shiva is an artifact that ROM visitors will instantly recognize — the mummified cat, which resides in the Gallery of Egypt. What makes this mummy so notable is that it is complete and nearly undamaged. Lions, baboons, snakes, and fish are among the many other animals that were also mummified in ancient Egypt.

An image of a bison from the Canadian Prairies completes the first stamp. The bison had a population of 30 million in the 1860s. However, over-hunting and human settlement pushed them toward extinction — by 1902, just 25 were left. Today, smaller herds roam free in protected areas of Canada's Northwest.

Two iconic images reside on the second stamp. The foreground features an 11th-century Chinese Luohan figure, which is a holy monk striving for enlightenment through meditation. This clay artifact originates from a famous group of Luohan sculptures discovered in a cave near Yixian, China, in 1912.

Behind the sculpture, stands one of the ROM's most famous dinosaur artefacts — the Parasaurolophus walkeri, a large-crested, duck-billed hadrosaur. It's the world's best preserved skeleton of this species, and was acquired just six years after the ROM opened its doors.

The stamps, which were unveiled at a special ceremony April 15 at the ROM, are available at post offices across Canada, and online at canadapost.ca.

People loved cats
long before the internet

ROM 100th Anniversary Stamps & Collectibles

A mummified cat from over 2000 years ago is one of many precious Royal Ontario Museum artifacts featured on a new series of Canada Post stamps and collectibles celebrating ROM's 100th Anniversary.

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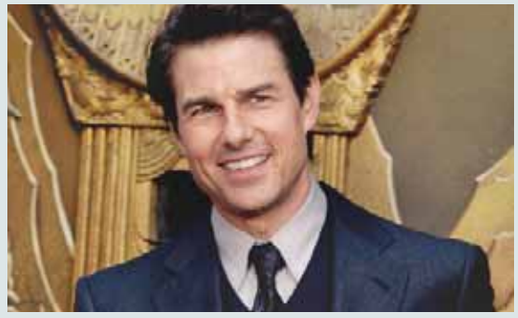
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is Tom cruisin' with Laura?

MELINDA TAUB
Metro World News



Has Tom Cruise finally found happiness by dating within his own faith?

Mission: Impossible star Cruise is said to be dating Laura Prepon, star of Orange is the New Black. Unlike his ex-wives, Prepon is also a Scientologist. According to Page Six, the set of OITNB is abuzz with the news that the two are courting.

Grazia reported last fall that Cruise had picked Prepon up in a vintage car for a romantic dinner at the Manor Hotel. At the time, Cruise's publicist said it wasn't true, but according to Page Six, the pair have continued dating quietly while trying to keep the relationship out of the press.

Call me a foolish romantic, but I find it genuinely touching that Tom Cruise would try to keep his relationship with a woman out of the press. Maybe he's found true love at last. Just imagine the romance that they could have. Long midnight audits, evenings on the Scientology yacht, double dates with David and Shelly Miscavige, wherever she is…

However, Cruise's rep continues to deny the relationship.

"They see each other at some functions, but they are not dating," a source told Us Weekly.

White House dashes dreams of non Beliebers

Bad news for all the folks looking to get Justin Bieber booted from the U.S. While the petition started in January asking the White House to deport the scandal-plagued singer earned an impressive 270,000 signatures, the effort was for naught. "Sorry to disappoint, but we won't be commenting on this one," a statement from the White House reads. "To avoid the appearance of improper influence, the White House may decline to address certain procurement, law enforcement, adjudicatory or similar matters properly within the jurisdiction of federal departments or agencies, federal courts or state and local government in its response to a petition." The initial petition stated that the signers "would like to see the dangerous, reckless, destructive and drug-abusing Justin Bieber deported and his green card revoked. He is not only threatening the safety of our people but he is a terrible influence on our nation's youth."

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Make this Buy Nothing Monday

End entitlement. Few of us spoiled Canadians can distinguish wants from true needs

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Hold up! Do you really need that massive flat screen TV? ISTOCK

When I ask people why they buy stuff, they tell me it's because they need it, whatever 'it' is. That's hardly ever true. Folks don't *need* most of the stuff they buy. They want it.

It's very easy to confuse needs with wants. You work hard and deserve nice things, right? Whether you're thinking about buying a big-ticket item (We need a vacation) or smaller, impulse purchases (I need a super-duper latte), your sense of entitlement can muddy the waters when it comes to what you want and what you really need.

I did a workshop last fall and my daughter Alex was along to help. A middle-aged woman couldn't get her budget to balance and Alex pointed to her $200 a month cigarette habit. The woman said it was a need. Alex shook her head. "A need is something you must have to stay alive," she said. Seriously, if you can't balance your budget, what are you doing feeding your vices? People who are raised in a First World country like Canada may have a sense of entitlement simply because they have no idea how lucky they are. If you've never been hungry, never wondered where you would sleep, never had to go without shoes, then your sense of what is your due by rights may be askew.

If every winter your family went on vacation to a warmer clime, if every summer you went to camp, if each fall you started the new school year with a fresh wardrobe, why would you think you were entitled to any less as an adult?

This is a particular problem for people who were brought up in homes where they benefitted from a higher income than they currently enjoy. Even if you haven't got the income to support it, you have no idea why you can't have everything you want when you want it. That's entitlement!

People who watch a lot of TV, read flashy magazines and walk the malls have a sense of entitlement because they believe that everyone else has one, so they can have one, too.

But here's the rub: A lot of those people are going into debt to have the lifestyle you crave, so what you're craving isn't real. It's smoke and mirrors. Playing the keeping-up-with-the-Joneses game is stupid at the best of times, but it's suicidal if you're doing it on credit.

If watching all that house porn is making you think you're perfectly lovely home needs to be renovated, turn off the TV. You won't die without granite countertops and a stainless steel fridge. And if hanging out with friends who are always going shopping is busting your budget, you're going to have to find some new friends if you're determined to live a real life.

If you don't believe me when I say that the culture is influencing our sense of entitlement, just look at the sizes of the houses we're living in now, compared to 50 or 60 years ago. Back then people were having more kids, but living in houses far smaller than we're willing to settle for today. Unfortunately, as our expectations have gone up, our ability to pay for them has been seriously challenged. While we like to castigate the younger generation for their rampant sense of entitlement, it's not just a problem of youth and immaturity. Because we live in a society where public education is primarily free, we believe our children are so entitled to an education that they, and we, have to do very little for it. We feel entitled to a level of medical care for which we have very little appreciation. If we had to pay for our care, we might take our own health more seriously. So it's not just our young 'uns who feel entitled.

Have we become so addicted to having (instead of being) that we are no longer able to distinguish between needs and wants? Is acquisition of more stuff our new life's blood?

Here's a challenge. It's based on the concept of "buy nothing day," but is much more practical, personal and pointed. Pick one day of the week on which you will buy nothing. It doesn't really matter which day it is. Just pick a day and commit to buying nothing on that day. Buy Nothing Monday should be dead easy. Buy Nothing Saturday is for those who are more committed to testing themselves.

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Tax Talk

Need Advice?
Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Unexpected tax bills, and getting a break for helping with housing

Q I worked two jobs last year and now I owe money. I don't have the money to pay it. What should I do?

A Unexpected tax bills are never a good thing. Employers only withhold tax based on what you earn with them – not income earned somewhere else. File your return by April 30 without the payment to avoid the 5% late-filing penalty and you will only have to worry about interest charges. Then contact the CRA and ask if you can arrange a payment schedule. The agency may agree to one if you have tried all other reasonable ways to get the funds including getting a loan. But they will require full disclosure of income, living expenses, assets and liabilities. It is always better to contact the CRA first rather than waiting to hear from them.

Q I rent rooms to youth who need help so there is no profit. Do I need to report this income?

A Fortunately, your good deed does not attract extra tax. If you are charging less than Fair Market Value for the rooms, you do not have to report the income on your tax return. However, you cannot claim any rental expenses since you would not have rental income to claim it against.

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Money 101. Two couples, one year to make them richer

Well on the way to debt-free goals

I am working to improve the finances of two Canadian couples in 2014. Together, we are creating a plan for each to make serious progress on handling their finances and achieve their respective goals of becoming debt-free and owning a home. Follow along to take a peek inside their bank accounts. – Lesley-Anne Scorgie/For Metro

Anne-Marie and Peter inch closer to the birth of their first child. SHUTTERSTOCK

Carolina and Jose have set out on a journey to buy their first home. SHUTTERSTOCK

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: Expecting their first child in June
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings accounts for emergency funds and file taxes

I had the pleasure of sitting down with Anne-Marie and Peter in late March. The couple shared their joy and excitement with me as they inch closer to the birth of their first child.

Over the month, they have steadily reduced their debt while proactively planning for the reduction in Anne-Marie's income once she is on maternity leave.

We discussed the importance of having a will that clearly indicates their custody and childcare preferences, and what should happen to their liabilities and assets in the event of disease or death.

Though no one likes to think about these horrible life catastrophes, it's irresponsible not to. The alternative is to have the courts dictate what happens to your children, possessions and liabilities.

On a more exciting note, after seven years with the same company, Peter is considering the possibility of a new, higher-paying and a job closer to home. He currently commutes a total of three hours per day, and knows working in the city would result in at least a 15 per cent pay hike and a shorter commute.

Anne-Marie and Peter also presented me with their detailed RRSP statements so we could review their investments. Currently, they are invested in a low-risk preferred share mutual fund that was established in 2013 and has limited performance history. This month, I will be showing the couple how to adequately research their investment selections and develop specific questions to ask their banker prior to making any changes to their portfolios.

Homework

The couple filed their taxes. Together, they received a return of $2,065. Anne-Marie and Peter decided to split up their return as follows:

- Debt repayment: $865
- Tax-free savings account to start an emergency fund: $500 (they will continue to contribute $100 each month after)
- Make a will: $500
- Treat themselves to something fun: $200

Anne-Marie and Peter's homework for next month is to find a lawyer and establish a will. They will learn to research investments. Peter is also looking for some freelance work.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, buy a house
- Homework from last month: File taxes and look for a home

This past month has been an emotional and financial roller-coaster for Carolina and Jose.

You will recall their big news from last month — Jose's parents offered to provide the couple with a down payment to finally buy a home.

Carolina and Jose set out on the first-time homebuyers' journey with a trusted realtor and mortgage broker by their side. With their down payment, the value of home they can afford is approximately $250,000; in Calgary, that places them in the suburban townhouse market.

They have started house hunting and two shocking issues have emerged.

First, what they can afford to buy isn't nearly as nice as Carolina had hoped, so I have been exploring affordable ways the couple could spruce up their future home while ultimately adding value to the property, including paint, fixtures, flooring, cabinet knobs and more.

The second shock is the townhome market is hot. Two weeks ago they put an offer on a place, but a competing higher offer quickly bumped them out of the competition.

Unfortunately, the joys of first-time homebuying have been somewhat overshadowed by Carolina and Jose's financial constraints. But they are committed to their search for a great home and know they will find one soon.

Transitioning to a positive note, the couple continues to operate on the monthly budget they established in January.

As planned, they are now out of the red and have money left over after each paycheque to put towards their savings. Armed with detailed financials on what their eventual mortgage will look like, they have proactively prepared a mock budget for when they ultimately become homeowners.

Jose also continues to explore job opportunities, including staying with his employer, but securing a significant raise.

This month, the couple will focus on continuing their search for a home, file their taxes through a local tax professional, and create a plan for their expected tax return.

Homework

Caroline and Jose will house hunt, file taxes and plan for their expected tax return.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES THIS MONTH.

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Fresh spring tastes stuffed into a pita

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FLASH FOOD

From your fridge to your table in 30 minutes or less

Middle Eastern cuisine is known for its falafels — chickpea-based deep-fried balls served with tahini sauce.

They have become a North American favourite in restaurants, food kiosks, fast food spots and food trucks.

My version is baked, cutting the calories in half and removing most of the fat from the oil used in deep frying. The flavour is enhanced with my light lemony and creamy tahini dressing. Load up your pita with loads of lettuce, tomatoes and onions and you have a nutritious vegetarian meal.

If you want a great appetizer, try doubling the falafels by making them smaller. Serve them in mini pitas.

You'll have a few tablespoons of leftover dressing; store it in the refrigerator and use it as a salad dressing or sauce over chicken or fish.

Tahini is similar to any nut butter made from puréed sesame seeds. It has a very strong flavour, so be sure not to use more than required. You will find it in the ethnic section of your supermarket. But if you can't, you can always substitute another nut butter if desired.

Ingredients

Falafels
- One 19 oz can chickpeas, drained and rinsed
- 1/4 cup chopped green onion
- 1/4 cup chopped fresh cilantro or parsley
- 1/4 cup unseasoned dry bread crumbs
- 2 tbsp tahini (sesame seed paste)
- 1 tbsp fresh lemon juice
- 1 1/2 tsp minced fresh garlic
- 1/4 tsp baking powder
- 1/4 tsp ground cumin
- 1 egg
- Pinch of ground black pepper
- 2/3 cup Tahini Lemon dressing

Tahini-Lemon Dressing
- 1/3 cup low-sodium chicken or vegetable stock
- 1/3 cup reduced-fat ricotta cheese
- 2 tbsp tahini (sesame seed paste)
- 2 tbsp reduced-fat mayo
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tbsp low-sodium soy sauce
- 1 tsp minced fresh garlic
- 1/2 cup chopped fresh cilantro or parsley

- 4 large pitas, sliced in half
- 8 tomato slices and 4 chopped romaine lettuce leaves
- 1/2 cup diced sweet onion

This Falafel with Tahini Lemon Dressing recipe serves eight. Half of one pita with two falafels and one tablespoon of dressing is 269 calories. ROSE REISMAN

Directions

1. Falafels: Preheat oven to 400 F. Spray a baking sheet with cooking oil.

2. Combine chickpeas, onion, cilantro, bread crumbs, tahini, lemon juice, garlic, baking powder, cumin, egg and pepper in a food processor. Pulse on and off until well mixed. Form into 16 balls (about 2 tbsp each). Flatten slightly and place on the prepared baking sheet.

3. Bake the falafels in the centre of the oven, turning once, for 15 to 20 minutes or until golden.

4. Meanwhile, combine Tahini-Lemon Dressing ingredients in food processor and purée until smooth.

5. Meanwhile, wrap pitas in foil and heat in oven for 5 minutes. Place two falafels in pocket of each pita half. Drizzle about 2 tbsp of dressing over each. Tuck tomato slices and lettuce inside each pita and sprinkle with onions. THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

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Side dish. Roast Green Beans with Dried Apricots

Green beans are jam-packed with nutrients including vitamins A, B complex, C, and K; and minerals iron, magnesium, manganese and potassium.

1. Preheat the oven to 400 F. Line a baking sheet with foil and spray with vegetable oil. Place the green beans on the sheet and bake for 10 minutes or just until tender.

2. Add the olive oil, garlic, ginger, apricots, pecans and orange zest. Toss well and serve.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients
- 1 lb green beans, trimmed and cut in half
- 2 tsp olive oil
- 1/2 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/4 cup finely chopped dried apricots
- 3 tbsp toasted chopped pecans
- 1 tsp orange zest

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'Round the world wisdom

It's not the meaning of the mess, but the steps you take to tidy it

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Life hands us all unpredictable, difficult events. Most often, it isn't the event itself that causes adversity, it is the meaning we attach to it. Nowhere is this more evident than when the same event occurs to a number of people simultaneously.

In the Gobi race, participants run six marathons in five days. Halfway through my third day, the course changed direction, leading runners from the bottom of a canyon up a steep escarpment in the opposite direction to the original course for two kilometres. Unbeknownst to us, a cheater had actually moved the race's flags and sent 15 of us in the wrong direction.

When I reached the top of the escarpment and saw that there were no more flags, I realized what had happened and got hijacked by my own reaction.

"Who would do this, and why?" I thought, feeling victimized. Others were reacting in their own ways: Tears, panic, amusement, bewilderment, anger, anxiety, calm, indignation.

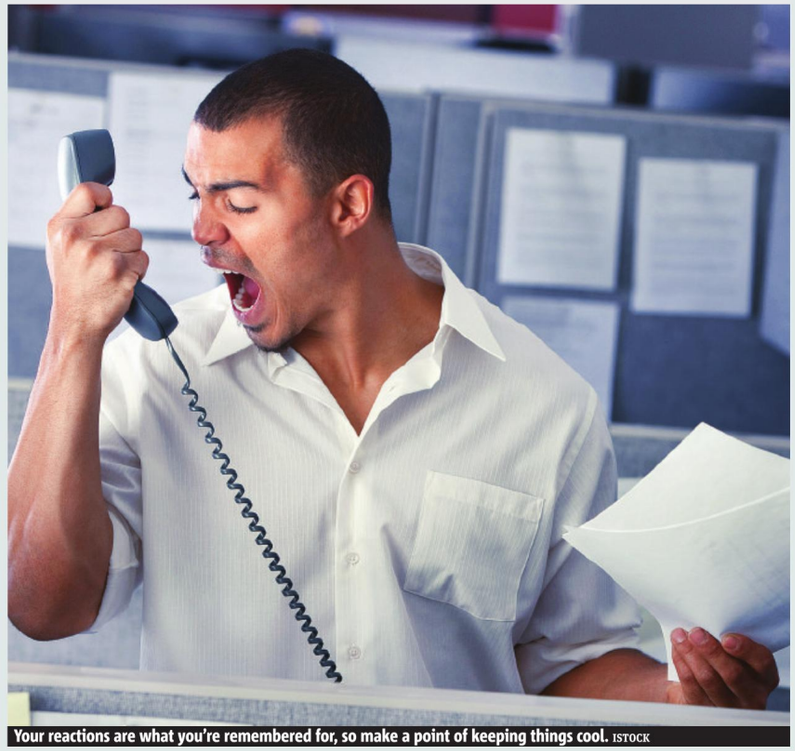
One event had caused 15 different reactions and ensuing actions.

Ultimately, our group decision was to retrace our steps and go back down to the canyon. By then, the race organizers had been made aware of the issue and were redirecting racers.

Many who had been far behind were now ahead of us. This sight kept me further off-balance emotionally. Unfair! I thought. My negative state of mind precipitated a negative chain of events: On the way down the escarpment I fell and banged up my ankle. I was then forced to stop, losing even more time to the field, until my will returned.

I attached the wrong meaning to the situation, and it set me on the wrong path. Thankfully, while we all react differently, if we can ultimately catch ourselves and consciously choose how we react, a more progressive path can reveal itself.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



Your reactions are what you're remembered for, so make a point of keeping things cool. ISTOCK

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Miami-Charlotte

Bobcats fail to keep up with Heat down the stretch

LeBron James scored 27 points, Dwyane Wade added 23 and the Miami Heat used a late charge to beat the Charlotte Bobcats 99-88 on Sunday in Game 1 of their Eastern Conference first-round series.

Game 2 of the best-of-seven series is Wednesday.

Kemba Walker scored 20 points for the Bobcats, who led by nine early and led again in the third. Al Jefferson missed eight of his final 13 shots after getting hurt in the first quarter. He finished with 18 points and 10 rebounds for the Bobcats. THE ASSOCIATED PRESS

San Antonio-Dallas

Mavs fire blanks late in loss to Spurs

Tim Duncan scored 27 points, and the San Antonio Spurs held the Dallas Mavericks to one field goal in the final seven minutes to rally for a 90-85 victory Sunday in Game 1 of their first-round playoff series.

The Mavericks also went scoreless for 5 1/2 minutes during that stretch, their lone field goal coming as time expired.

Tony Parker had 21 points, and Manu Ginobili added 17. Kawhi Leonard had 11 points and 10 rebounds and Tiago Splitter pulled down 11 rebounds for top-seeded San Antonio, which has won 10 straight against Dallas. THE ASSOCIATED PRESS

L.A.-Golden State

"A mistake happened on their end, but we made our own mistakes."

Clippers coach Doc Rivers commended the league for admitting an officiating error that cost them a chance to tie the score late in their loss to the Warriors Saturday.

Post-season newbies hope to settle in after first taste

Toronto-Brooklyn. Raptors look to get even with Nets after all of Game 1's hoopla

After an NBA playoff debut that didn't go as well as he'd planned, DeMar DeRozan went home and put his feet up.

"I sat in my room the rest of the day, I didn't leave the room," DeRozan said. "I didn't turn the TV on. I didn't watch any games. I just cleared my mind. Just understand it was my first playoff game."

He fought the urge to go back to the Air Canada Centre for a late-night shooting session.

"I thought about it. I really thought about it," DeRozan said. "About 1 a.m. I was going to come back, but I was like: don't put too much pressure on myself. Just get my rest, regroup. We've got two days until we play, so just get ready. I try not to think so much or stress myself out — just relax."

The 24-year-old all-star scored 14 points — well below his season average of 22.7 — in the Raptors' 94-87 loss to the Brooklyn Nets in Saturday's Game 1 of the best-of-seven playoff series.

The player whose hot hand led the Raptors in their record run to the post-season went cold Saturday. DeRozan, who was the picture of post-season confidence earlier in the week, scoffing that the playoffs weren't "rocket science," shot just 3-for-13 from the field. He missed all four of his three-point attempts.

He insisted he wasn't nervous.

"I think with as much energy was going on, it felt like things were going faster than they were," DeRozan said.

While it wasn't the coming-out party any of Toronto's playoff rookies had hoped for, they were all breathing a little easier Sunday morning, glad that Game 1 of their series was over and done with.

"I think Game 2 is a whole different animal," coach Dwane Casey said. "I think the newness and the shiny part of the playoffs is worn off by Game 2. I think that'll help (DeRozan) tremendously. I think that'll help our whole team."

Kyle Lowry, one of the few Raptors who looked unfazed by the playoff pressure in his 22-point performance, agreed.

"I think the bright lights will dim a little bit for everyone, everything will calm down a little bit," Lowry said. "I think that first game is always tough at home, because of the excitement, and we have a bunch of young guys. But now it's over. Now guys are ready to move on, now we're ready to go."

Game 2 is Tuesday in Toronto, then the series shifts to Brooklyn for Game 3 on Friday.

The series was heated before it even began after the Nets seemingly tanked to fall to sixth place, preferring to play the inexperienced Raptors.

Toronto GM Masai Ujiri then threw gasoline onto the fire Saturday when he dropped an F-bomb when addressing the crowd in Maple Leaf Square, pairing the F-word with Brooklyn.

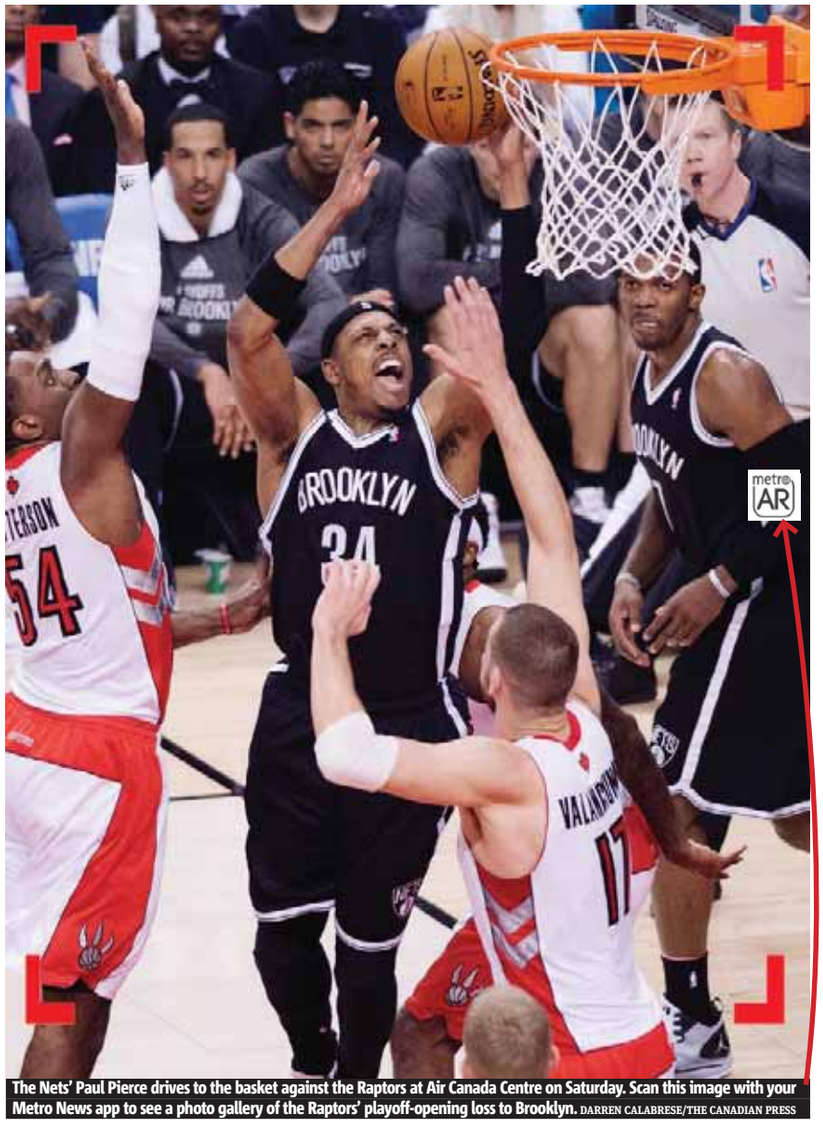
The headline on Sunday's New York Daily News read: "Don't' F*** With Brooklyn! Nets give foul-mouthed Raptors a spanking to take Game 1."

THE CANADIAN PRESS

Shot clock flub

The day after the Toronto Raptors were mocked for a much-maligned shot clock malfunction, a team official confirmed that an ESPN technician plugged into the same power source for the shot clocks, frying the power system.

- The Raptors had to go old-school, relying on announcer Herbie Kuhn to count down the 24 seconds on each possession.



The Nets' Paul Pierce drives to the basket against the Raptors at Air Canada Centre on Saturday. Scan this image with your Metro News app to see a photo gallery of the Raptors' playoff-opening loss to Brooklyn. DARREN CALABRESE/THE CANADIAN PRESS

Tennis

Canada enters Fed Cup World Group

Eugenie Bouchard wasn't thrilled with her play, but she was more than happy with the end result as she helped move Canadian women's tennis to new heights.

The Montreal native won both her singles matches in a playoff tie with Slovakia, including the clinching match on Sunday, as Canada advanced to the 2015 Fed Cup World Group.

Bouchard, at No. 18 in the WTA singles rankings, beat Jana Cepelova 7-6 (6), 6-3 in front of a spirited home crowd on the campus of Laval University. The win gave Canada a 3-0 lead in the best-of-five tie, and moved the Canadians into the elite World Group for the first time.

"I wasn't happy with my level of play in both of my matches, but I am proud that I managed to win them both," said Bouchard, 20. "I am proud that I kind of lead this team to the World Group." THE CANADIAN PRESS

Eugenie Bouchard celebrates Sunday in Quebec City
THE CANADIAN PRESS

Bolts try to crack code of the Canadiens

Canadiens goalie Carey Price makes a save on Steven Stamkos during Game 3 of their first-round playoff series on Sunday night in Montreal. Go to metronews.ca for coverage of the Habs' bid to take a 3-0 series lead.
GRAHAM HUGHES/THE CANADIAN PRESS

Bruins uncork offence to even series with Wings

NHL playoffs. Man advantage gives Boston edge in Game 2

Two power-play goals and stingy penalty killing ended the Boston Bruins' offensive drought and tied their playoff series.

Reilly Smith and Zdeno Chara scored with a man advantage, the Detroit Red Wings got just one shot on goal on their four power plays and Boston won 4-1 in Game 2 on Sunday.

"We don't get too many power plays so it was good to be able to get them and be able to capitalize early," Smith said.

He scored his first career playoff goal 10:35 into the game, just over three minutes after Justin Florek's fluke goal gave the Bruins a 1-0 lead on their first shot at 7:28.

They finished the first period with 18 shots on goalie Jimmy Howard after managing just 25 in losing Friday night's opener 1-0.

Game 3 of the best-of-seven series between the top-seeded Bruins, who won the Presidents' Cup with an NHL-high 117 points, and eighth-seeded Red Wings is set for Detroit on Tuesday night.
THE ASSOCIATED PRESS

Flyers vs. Rangers

Luke Schenn scored the go-ahead goal in the second period, and backup Ray Emery made 31 saves for the Philadelphia Flyers, who rallied to beat the New York Rangers 4-2 on Sunday to even the first-round playoff series.

MLB. Bullpen buckles as Jays drop finale in Ohio

A successful road trip ended on a down note for the Toronto Blue Jays.

Reliever Aaron Loup's wildness in the sixth inning turned a two-run lead into a one-run deficit and the Blue Jays couldn't finish off a sweep of the Cleveland Indians, losing 6-4 Sunday.

Blue Jays manager John Gibbons was pleased with the 5-4 trip, but knows it could have been better.

"I really don't even look at it," he said. "You try to win each day. You're disappointed when you don't win, especially when you have a chance."

Giving up walks can change everything, something the Blue Jays learned the hard way. Loup (1-1) gave up a three-run double to David Murphy after walking the bases loaded and the Indians salvaged a game in the series.

Edwin Encarnacion reacts after striking out on Sunday in Cleveland.
THE ASSOCIATED PRESS

The left-hander came in after Brandon Morrow gave up Nick Swisher's leadoff single. After getting the first two outs of the inning, Loup then walked Carlos Santana, Michael Brantley and Asdrubal Cabrera to load the bases. Murphy drove in all three to give Cleveland the lead. THE ASSOCIATED PRESS

Formula One

Hamilton earns 4th victory in a row

Mercedes driver Lewis Hamilton captured his third straight Formula One race with ease on Sunday, leading from start to finish to win the Chinese Grand Prix.

Hamilton's teammate Nico Rosberg took second place — the third time in four races this season the pair have finished one-two.
THE ASSOCIATED PRESS

Premier League

Reds roll closer to elusive league title

Liverpool secured a return to the Champions League on Sunday — but there's a much bigger prize just around the corner.

The Premier League title race is starting to turn into a procession for the Reds after they beat Norwich 3-2 to move five points clear of Chelsea with three matches left. THE ASSOCIATED PRESS

Monday, April 21, 2014

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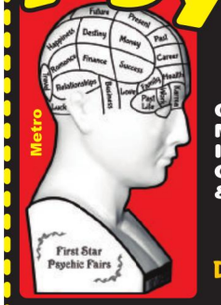

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Horoscopes

♈ Aries
March 21 - April 20
Major planets are at odds as the new week begins and you too will find it hard to get along with certain people. The important thing is that you don't take any of it too seriously because it will pass.

♉ Taurus
April 21 - May 21
You will encounter more than one person today who you can't stand. The best way of dealing with such people is to pretend they don't exist.

♊ Gemini
May 22 - June 21
The way you treat people now will determine how people treat you later on, so resist the urge to say or do anything that might turn them against you.

♋ Cancer
June 22 - July 23
If you don't like what is going on around you, turn your back and walk away. Others may complain that you are abandoning responsibilities but your biggest responsibility is, was and always will be to your own peace of mind.

♌ Leo
July 24 - Aug. 23
As Uranus, planet of changes, squares up to Pluto, planet of power, over the next 24 hours you will understand why it is wrong to try to force people to do things against their will, even in a good cause.

♍ Virgo
Aug. 24 - Sept. 23
There is a chance you will fall out with someone in a position of authority today, and it could be messy. If it's not possible to stay out of their way promise, yourself that you won't react when they say something stupid.

♎ Libra
Sept. 24 - Oct. 23
Today you will wade in where angels fear to tread and put the world right. Or maybe you'll make it even worse than before — but you will make an impression.

♏ Scorpio
Oct. 24 - Nov. 22
You won't hesitate to hit back if someone does you wrong today but the problem is you may hit back at the wrong person. Think before you act and, if you do make a mistake, apologize profusely.

♐ Sagittarius
Nov. 23 - Dec. 21
You are entitled to your opinions but you're not entitled to expect that others will agree. So long as you're OK with that, nothing much will go wrong. But if you can't accept alternative viewpoints, it could be a difficult day.

♑ Capricorn
Dec. 22 - Jan. 20
If you've learned anything in recent months, it must be that throwing tantrums rarely, if ever, changes anything for the better. The best way to resolve differences is to charm.

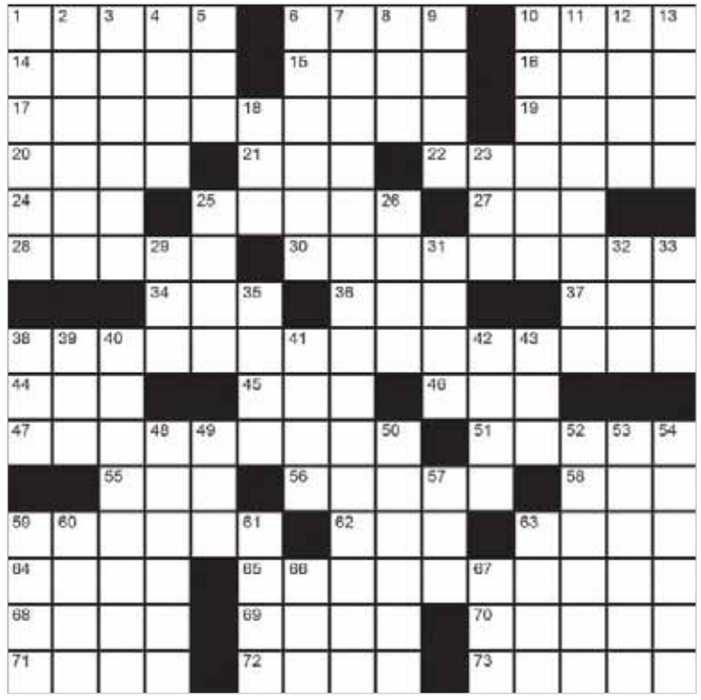
♒ Aquarius
Jan. 21 - Feb. 19
You may not be in the mood to make allowances for those who think and act more slowly than you but the planets warn you don't have a choice. Under no circumstances clash with authority figures.

♓ Pisces
Feb. 20 - March 20
Decide what you want to do today then do it. You'll get a dirty looks from those who disagree with your aims but there's nothing they can do to stop you. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



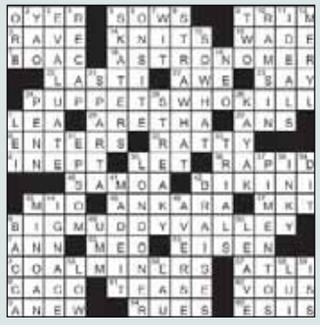
Across

1. __ paper
6. Particular
10. German composer of the cantata "Carmina Burana": Carl __ (b.1895 - d.1982)
14. That locale
15. Used a loom
16. 1722 Daniel Defoe book, __ Flanders
17. The Band song: 3 wds.
19. Biblical birthright seller
20. Mr. Onassis, et al.
21. Rock producer Brian
22. Album for Canadian musician Sam Roberts: 'We Were Born in __'
24. "__ Hot" by Alanis
25. Manfred __ Earth Band
27. An elver is a young what?
28. Bother
30. Lululemon __ (Canadian yoga-wear company)
34. Former
36. Quebec 'yes'
37. Dorval denial
38. Canuck working woofer: 2 wds.
44. "Pulp Fiction" (1994) name
45. Ruckus
46. Farm sound
47. Montreal's man-made island: Ile __-__
51. Condescend
55. "I'm afraid!"
56. Slays
58. Philosopher, __-tzu
59. Pupil coverer
62. Scot's 'no'
63. Social __
64. __ meridiem = a.m.
65. Manitoba: __ Provincial Park
68. Bulk-carrying barge
69. "__, __ is me!" (Alas!)
70. Wedding ceremony 'lane'
71. Barn birds
72. Eva Green's role in "Casino Royale" (2006), Vesper __
73. Go in

Down

1. Layers combed for fossils
2. River Styx ferryman
3. Area
4. Fortifies
5. __ coat
6. "All __ __ Do" by Sheryl Crow
7. What the 'TD' of TD Canada Trust stands for
8. Ms. Longoria
9. Huge, hip-style
10. Folded-over frying pan serving
11. Village in central Alberta
12. Falsehood
13. Fireplace part
18. "Oh, give __ __ home where the buffalo roam..."
23. Charge
25. Coldplay album: '__ Xyloto'
26. Synagogue
29. "Yeow!", in a comic book
31. Mr. Neeson
32. Dove's sound
33. Director Mr. Lee
35. Couplet
38. Convent person
39. Mr. Philips of stand-up
40. __ Lakes National Park, in southwestern Alberta
41. Fargo, _. __.
42. Positive gestures
43. Jane or John
48. Keeps fresh, as wedding vows
49. Supplement
50. Jubilant
52. Most unwell
53. Charles de __ Airport, in France
54. More knightly
57. Kathie __ Gifford
59. Fives and Tens
60. Enough, for some
61. Missing from service, commonly
63. Goatee's site
66. Major travel rte.
67. Freelancer's encl. to an editor

Thursday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4	2	5		8			7
	8	7						3
1			4					
9	2				1			
	1	3				2	4	
			2				3	6
					9			4
6						3	5	
4			6		2	8	9	

Thursday's Sudoku

4	5	2	3	8	7	9	1	6
7	1	3	6	5	9	2	4	8
8	6	9	4	2	1	5	3	7
3	4	5	7	6	2	8	9	1
1	2	7	8	9	3	6	5	4
9	8	6	1	4	5	7	2	3
6	9	1	5	3	8	4	7	2
5	3	8	2	7	4	1	6	9
2	7	4	9	1	6	3	8	5

Today
21°/7°
Variable

Tuesday
15°/4°
Showers
40%

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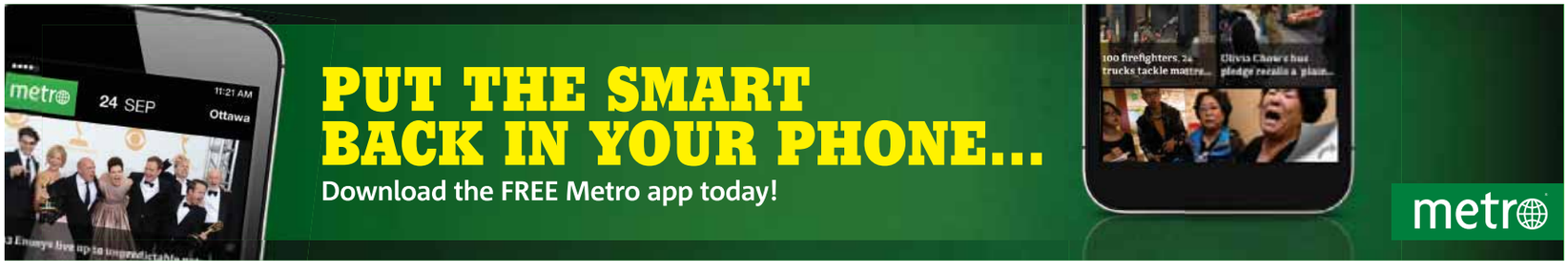

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